

# DAILY GUIDE TO

# RAMADAAAN



PE Darul-Uloom  
Publications

## In the Name of Allah, Most Merciful

This treatise is a step-step guide on how to spend your day during the blessed month of Ramadaan. Ramadaan, called the month of sabr, the month of The Quran, and The Month of Allah, is too precious to be allowed to slip by without deriving maximum benefit. In order to allow Muslims to realise the purpose and value of Ramadaan, we have prepared this detailed guide.

This writing is based only on a'maal (practical deeds) and their virtues. No laws have been mentioned herein since laws pertaining to fast will be detailed in another treatise, Insha-Allah. The idea is that this booklet should serve as a handy reference. So keep it with you all along and endeavour to fulfill whatever a'maal possible, as your schedule permits.

While business continues as usual, we should still make an effort to curtail involvement in trade so that more time could be devoted to ibadat in Ramadaan. This is in keeping with the hadith of Rasoolullah (sallallahu alaihi wa sallam), which encourages people to lessen the work of their subordinates during Ramadaan.<sup>1</sup> Making work lighter for workers by necessity means cutting down on business activity.

It must be born in mind that rizq (sustenance) comes from Allah. Allah fixes how much a person will earn for the day. It is not our business planning and advertising that draw in overturn. So in spite of curtailing business or production, one will only achieve what Allah has ordained. Secondly, Ramadaan is a month in which Allah increases the rizq of a believer. Hence, curbing business and trade will in no way affect the size of our pre-determined rizq

May Allah make this month easy for all of us, and grant us the ability to fulfill the a'maal mentioned in this booklet. Finally, I request readers not to forget this sinful servant in their pious duas during the sacred moments of Ramadaan.

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<sup>1</sup> This lessening of work applies in respect of Muslim employees, because of the fast.

## A Daily Guide for Ramadaan

Since the Islamic day begins at sunset, we commence this step-by-step guide from the time of Maghrib.

### IFTAAR

The time of Iftaar is very effective in the acceptance of duas. Therefore, a few minutes before Iftaar, sit facing qiblah and ask Allah for your needs. Dua may be made in one's mother tongue. However, for the sake of barakat it is good to recite some of the Arabic duas that appear in the hadith shareef. These are as follows:

اَللّٰهُمَّ اِنِّىْ اَسْأَلُكَ بِرَحْمَتِكَ الَّتِيْ وَسِعَتْ كُلَّ شَيْءٍ  
اَنْ تَغْفِرَ لِيْ

*O Allah! I request You through Your Mercy which  
encompasses everything, to forgive me.*

يَا وَاسِعَ الْفَضْلِ إِغْفِرْ لِي

*O Thou Who is most bounteous! Forgive me.*

#### **DUA WHEN BREAKING FAST**

اَللّٰهُمَّ لَكَ صُمْتُ وَبِكَ اٰمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَيْ  
رِزْقِكَ اَفْطَرْتُ فَتَقَبَّلْ مِنِّْي

*O Allah! For your sake have I fasted, and in You do I  
believe, and upon You alone do I repose my trust.  
Upon Your Sustenance do I break my fast, so accept it  
from me.*

#### **DUA AFTER IFTAAR**

ذَهَبَتِ الظَّمَاءُ وَابْتَلَّتِ الْعُرُوْقُ وَثَبَتَ الْأَجْرُ إِنْ شَاءَ  
اللّٰهُ

*The thirst has been quenched, the throat has been  
wetted and the reward has been certified, Insha-Allah.*

#### **MAGHRIB SALAAH**

Offer Maghrib salaah with jamaat, from the start.  
Do not prolong the iftaar to such an extent that the  
first rakaat is missed. Try to join the jamaat before the  
Imam commences his qiraat.

After the three faradh of Maghrib, before speaking to  
anyone, offer the two sunnat.

#### **SALAATUL-OWWAABEEN**

After the two sunnat, perform Salaatul-  
Owwaabeen, which ranges from 6 to 20 rakaats. One  
may perform any amount of rakaats from 6 to 20.  
After Owwaabeen, recite tasbeeh-e-faatimi and one  
tasbeeh of the third kalima, which is:

سُبْحَنَ اللّٰهِ وَالْحَمْدُ لِلّٰهِ وَلَا إِلَهَ إِلَّا اللّٰهُ وَاللّٰهُ أَكْبَرُ  
وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللّٰهِ الْعَلِيِّ الْعَظِيمِ

Make a lengthy dua, for during any moment of  
Ramadaan dua is very effective. So ask Allah for all  
your needs. Then read Surah Waaqi'ah.

When having meals, ensure that the sunnat etiquette is observed.

### ESHA SALAAH

After a careful wudhu, offer the four sunnats before Eshaa. If one has time, read two rakaats *tahiyyatul-wudhu* immediately after performing wudhu. Perform Esha with jamaat. After the faradh of Esha read only the two sunnat after Esha and await the commencement of taraweeh.

### TARAWEEH SALAAH

Taraweeh is a great nightly ibadat consisting of 20 rakaats. Do not read less than this, for to do so is makrooh if one has no valid reason. Menfolk should perform taraweeh in jamaat, while for ladies there is no congregational form of taraweeh. Womenfolk offer their taraweeh at home, and they may perform the twenty in batches of four rakaats.

While waiting for the taraweeh jamaat to begin, make the following intentions and duas in the mind:

- a) O Allah! Fill my heart with the Noor of the Quran which I intend listening to.
- b) O Allah! I intend listening to the Quran to obtain the reward which your Beloved Rasool (sallallahu alaihi wa sallam) promised in the

following hadith: **“Whoever listens to one letter of the Quran, ten good deeds are recorded for him, ten sins are forgiven, and he is elevated by ten stages.”**

- c) O Allah! I intend participating in a sunnat of your beloved Rasool (sallallahu alaihi wa sallam).

Begin each two rakaats of taraweeh salaah with the takbeer of the Imam. Try not to allow laziness or lethargy to overtake one. Remember, this is the only time of the year when we have the opportunity to do some extra nafl ibadat at night. Normally, this type of ibadat (i.e., performing an increased number of rakaats at night) used to be performed only by the saintly people of former ummats. After every four rakaats of taraweeh, one may engage in dua or zikr, or sit silently. After taraweeh the three rakaats witr will be performed behind the Imam. After witr, it is sunnat to say the following dua thrice:

سُبْحَانَ الْمَلِكِ الْقُدُّوسِ

*We recite the Glory of Allah,  
The King, the Most Holy.*

Then say this dua once:

## رَبُّنَا وَرَبُّ الْمَلَائِكَةِ وَالرُّوحِ

*O Lord, and the Lord of all  
the angels and of Jibreel.*

Now offer the two rakaats nafl, tasbeeh-e-faatimi, and dua. If in your Musjid there is a Deeni talk after taraweeh, participate in that talk with an intention of gaining spiritual benefit. If one was unable to complete the dua after the two nafl, do so now (when the talk has finished).

Return home without wasting any time in company or in worldly activity. The nights of Ramadaan are too precious to be idled away in worldly discussion, visiting restaurants for snacks, ice creams, etc. Yes, one may have a snack at home in the company of family. It comes in the hadith shareef that a Muslim will not be questioned about the amount of food he eats during the nights of Ramadaan. If there is time, and one is not too tired, make some tilawat of the Quran-e-Kareem. Read Surah Mulk (29<sup>th</sup> Juz), Surah Alif Laam Meem Sajdah (21<sup>st</sup> Juz), and, time permitting, Surah Qamar (27<sup>th</sup> Juz). Also try to read the first ten, or last ten verses of Surah Kahf before retiring to bed. Go to bed with an intention of waking up for tahajjud. Rasoolullah (sallallahu alaihi wa sallam) said that one who reads

the first ten verses of Surah Kahf at night will be able to wake up at any time he wishes.

**Muraaqabah:** Meditate (think deeply) on death, qiyamat, the hereafter, etc. before sleeping, even if it be for one minute. Meditate on all the favours Allah has bestowed upon us, and to what extent have we offered Shukr (thanksgiving).

**Muhaasabah:** Take stock of the day's doings. Repent over any sinful commissions, and thank Allah for the good that one performed.

Make one tasbeeh of Istighfaar, either with the words *astaghfirullah*, or in the following manner:

سُبْحَنَ اللَّهِ وَبِحَمْدِهِ سُبْحَنَ اللَّهِ الْعَظِيمِ ، أَسْتَغْفِرُ  
اللَّهَ الْعَظِيمَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ  
إِلَيْهِ

Recite Ayatul-Kursi, the last two verses of Surah Baqarah, the tasbeeh-e-faatimi, as well as the other necessary duas before sleeping. Try to sleep with wudhu.

## **TAHAJJUD**

It is sunnat to read the last ruku' of Surah Aala-Imraan when waking up for tahajjud. This ruku' appears at the three-quarter mark of the fourth juz. A hafiz may recite this from memory even before making wudhu, while the non-Hafiz will obviously have to first make wudhu and then read these verses from the Holy Quran. Do this before tahajjud, if there is time. Otherwise, engage in tahajjud first.

Upon arising from sleep it is sunnat to immediately wash the hands till the wrists and to use the miswaak, even before going to the toilet. Thereafter, when making wudhu, the miswaak will be used again. Wake up early enough before sehri to give yourself time to make at least four rakaats tahajjud. If possible, endeavour to read more than four. One may perform up to twelve rakaats of tahajjud. This time, too, is very efficacious in the acceptance of dua, so make a lengthy dua. Depending upon the availability of time, engage in some zikrullah.

## **SEHRI**

Partake of sehri, even if it is something light. Be careful not to delay the sehri so much that doubts arise as to the validity of your fast. A safe time to stop eating is about one hour and a half before sunrise. One or two minutes either way will not make any

difference. **Note:** This one and a half-hour period is for fasting. Tahajjud may be read up to one hour twenty minutes before sunrise. So after sehri, if there is time one may perform a few more rakaats of tahajjud salaah. There is no particular food for sehri, but include in your meal dates and water, for the sake of the sunnat.

## **NIYYAT FOR FASTING**

There are two types of niyyat or intention for fasting. One is the niyyat mentioned in Fiqah, which is: 'O Allah! I intend fasting this day for your sake.' This may be said in Arabic or in one's own language. The other niyyat is a spiritual one. This is as follows:

- a) "O Allah! You have promised in your Quran that fasting inculcates taqwa. So, O My Lord! I am fasting this day to acquire taqwa of the heart."
- b) "O Allah! I am fasting to fulfill the great sunnat of Your Pure Nabi (sallallahu alaihi wa sallam).

## **FAJR SALAAH**

Immediately after azaan offer the two rakaats sunnat of Fajr. It is preferable to perform these sunnats at home. But if one stays far from the Musjid then offer the sunnats in the Musjid. Whenever stepping out of the home, it is sunnat to read:

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ  
الْعَلِيِّ الْعَظِيمِ

*In The Name of Allah, I place my trust in Allah. There is no power to do good, nor any strength to abstain from evil, except with Allah.*

**Also read the masnoon dua that appears at the end of this treatise, when proceeding to the Musjid.**

Perform the Fajr Salaah with the Imam from the start. Attempt to be in the first saff. After salaah, and upon the completion of your tasbeeh and dua, participate in the Deeni talk. Thereafter, either in the masjid or at home, recite Surah Yaseen and a portion of the Holy Quran. Recite one or more tasbeeh of durood shareef, the basic form being: *Sallallahu alaihi wasallam*. Also recite one tasbeeh of the third kalimah. For those who are able to, read one manzil of the dua kitab, *Munaajaat-e-Maqbool*. This is a fully referenced book compiled by Hazrat Thanwi (rahmatullahi alaihi) containing most of the duas that appear in the Quran and Hadith. Those who cannot read Arabic duas, engage in supplication to Allah in your own language. Try to read the durood shareef right up till the time of Ishraaq.

## ISHRAAQ SALAAH

Ishraaq starts about 10 minutes after sunrise. This is a four rakaats salaah. The time of Ishraaq lasts till two and a half hours after sunrise.

## CHASHT SALAAH (SALAATUD-DHUHAA)

This may be performed at any time between 9 and 12 o'clock in the morning. The rakaats for this salaah range from four to twelve. For those who have time, especially womenfolk, this period of the morning is also full of barakaat, so utilize this time for more tilaawat of the Quran and/or zikrullah. One may also read chasht salaah immediately after Ishraq, especially those who work during the day.

## SALAATUT-TASBEEH

This salaah could be performed any time during the day. The method of this salaah could be found in our Kitabus-Salaah.

## THE SUNAN OF ZAWAAL

This is a four rakaat nafl salaah immediately after zawaal, before Zohar Salaah. Check on your local time-table when zawaal time ends. The niyyat for this salaah is *Sunan of Zawaal*.

## ZOHAR SALAAH

Prepare for Zohar salaah by making a careful wudhu. Perform the four sunnat of Zohar. Read the Faradh with jamaat, from the first takbeer. When entering the Musjid at any time, offer two rakaats *Tahiyyatul-Musjid* if there is time left for jamaat to begin. After the faradh there are two sunnat and two nafl to be read. For those who have time, offer a few extra nafl rakaats before leaving. Do not forget the tasbeeh-e-faatimi, one tasbeeh of the third kalimah, and earnest dua. Recite Surah Fatah (26 Juz) after Zohar.

If there is some Deeni program taking place after Zohar, join in. For those who have the time, have a short nap in the afternoon with an intention of gaining strength for the nocturnal ibadat (taraweeh, tahajjud, etc.). Hazrat Thanwi (*rahmatullahi alaihi*) used to say: 'I sleep with the intention of abstaining from sin.' Indeed, while a person is asleep, he avoids all sins. This is another good intention to make when sleeping.

## ASR SALAAH

Prepare for Asr as you prepared for Zohar. Offer the four rakaats before Asr. Read Asr Salaah with Jamaat. Sit for the kitab reading after Asr. Thereafter, recite one tasbeeh of the following verse:

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَنكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

Read Surah Naba (first surah of the 30<sup>th</sup> juz). If one is free at this time of the day then recite Quran right through till Maghrib. Before Iftaar, engage in dua as explained at the start.

Your day is now complete. Go through Ramadaan in this fashion, Insha-Allah, and see the change in your spiritual state afterwards.

## GENERAL ADVICE

- \* Protect the eyes and ears from evil. Avoid listening to anything haraam. Be careful what the tongue says. Abstain from backbiting, insults, slander, abuse, arguments, etc.
- \* Keep the tongue busy in constant zikr. Nabi Muhammad (sallallahu alaihi wa sallam) encouraged the Ummat to maintain four things in abundance during Ramadaan. These are: Abundant recitation of kalimah tauheed, excessive istighfaar, asking Allah for Jannat, and seeking His Protection from Jahannam.
- \* During the last ten nights of Ramadaan, spend a few minutes extra in ibadat with the hope of experiencing Laylatul-Qadr.



- \* If possible, observe I'tikaaf of the last ten days of Ramadaan. A special program has been prepared for people in I'tikaaf, which will be handed out just prior to commencement of I'tikaaf. Ladies who intend sitting I'tikaaf may obtain this program via their menfolk.
- \* It is also very meritorious to give charity in abundance during Ramadaan.

#### DUA WHEN PROCEEDING TO THE MUSJID

اَللّٰهُمَّ اجْعَلْ فِيْ قَلْبِيْ نُورًا وَفِيْ لِسَانِيْ نُورًا وَفِيْ  
بَصَرِيْ نُورًا وَفِيْ سَمْعِيْ نُورًا وَعَنْ يَمِيْنِيْ نُورًا وَعَنْ  
شِمَالِيْ نُورًا وَخَلْفِيْ نُورًا وَاجْعَلْ لِّيْ نُورًا وَفِيْ  
عَصَبِيْ نُورًا وَفِيْ لَحْمِيْ نُورًا وَفِيْ دَمِيْ نُورًا وَفِيْ  
شَعْرِيْ نُورًا وَفِيْ بَشَرِيْ نُورًا وَاجْعَلْ فِيْ نَفْسِيْ نُورًا  
, اَللّٰهُمَّ اَعْطِنِيْ نُورًا

***O Allah! Create Noor in my heart, on my tongue, in my eyes and ears, on my right and on my left, and behind me. And create Noor***

***especially for me, in my muscles, my flesh, my blood, my hair, and in my skin. Create noor in my nafs. O Allah! Grant me special Noor.***

It is reported from Hazrat Amar bin Murrah (radhiallahu anh) that a man from the tribe of *Qudha'ah* came to Rasoolullah (sallallahu alaihi wa sallam) and asked: 'O Messenger of Allah! If I read the kalimah shahaadat, perform five times salaah, fast in Ramadaan and read taraweeh, and pay my zakaat, what will be my position?' Rasoolullah (sallallahu alaihi wa sallam) replied: "He who dies on such a'maal shall be like this (*and he placed his two fingers together*) with the Prophets, the Siddeeqeen, and the Martyrs on the Day of Judgment - as long as he does not disobey his parents."

*(Tafseer Durre-Manthoor)*

Allah revealed to Nabi Moosa (alaihis-salaam) in the Taurah: "O Moosa! When the month of Ramadaan enters then I command the bearers of My Arsh to stop all ibadat and say aameen whenever the fasting people make a dua. And I shall never reject the dua of a fasting person."

*(Tafseer Durre-Manthoor)*



